

# Beck's Depression Inventory

## A Tool to Screen Patients for Obstructive Sleep Apnea (OSA)

0	I do not feel sad	2	I am sad all the time and I cannot snap out of it
1	I feel sad	3	I am so sad and unhappy that I cannot stand it
0	I am not particularly discouraged about the future	2	I feel I have nothing to look forward to
1	I feel discouraged about the future	3	I feel the future is hopeless and that things cannot improve.
0	I do not feel like a failure.	2	As I look back on my life, I see many failures
1	I feel I have failed more than the average person	3	I feel I am a complete failure as a person
0	I get as much satisfaction out of things as I used to	2	I do not get real satisfaction out of anything anymore
1	I do not enjoy things the way I used to	3	I am dissatisfied or bored with everything
0	I do not feel particularly guilty	2	I feel quite guilty most of the time
1	I feel guilty a good part of the time	3	I feel guilty all of the time
0	I don't feel I am being punished	2	I expect to be punished
1	I feel I may be punished	3	I feel I am being punished
0	I do not feel disappointed in myself.	2	I am disgusted with myself
1	I am disappointed in myself	3	I hate myself
0	I do not feel I am any worse than anybody else	2	I blame myself all the time for my faults
1	I am critical of myself for my weaknesses or mistakes	3	I blame myself for everything bad that happens
0	I don't have any thoughts of killing myself	2	I would like to kill myself
1	I have thoughts of killing myself, but I would not carry them out	3	I would kill myself if I had the chance
0	I don't cry any more than usual	2	I cry all the time now
1	I cry more now than I used to	3	I used to be able to cry, but now I can't cry even though I want to
0	I am no more irritated by things than I ever was	2	I am annoyed/irritated a good deal of the time
1	I am slightly more irritated now than usual	3	I feel irritated all the time
0	I have not lost interest in other people	2	I have lost most of my interest in other people
1	I am less interested in other people than I used to be	3	I have lost all of my interest in other people
0	I make decisions about as well as I ever could	2	I have greater difficulty in making decisions more than I used to
1	I put off making decisions more than I used to	3	I can't make decisions at all anymore

Go to page 2 to finish questionnaire



0	I don't feel that I look any worse than I used to	2	I feel there are permanent changes in my appearance that make me look unattractive
1	I am worried that I am looking old or unattractive	3	I believe that I look ugly
0	I can work about as well as before	2	I push myself very hard to do anything
1	It takes an extra effort to get started at doing something	3	I can't do any work at all
0	I can sleep as well as usual	2	I wake up 1-2 hours earlier than usual and find it hard to get back to sleep
1	I don't sleep as well as I used to	3	I wake up several hours earlier than I used to and cannot get back to sleep
0	I don't get more tired than usual	2	I get tired from doing almost anything
1	I get tired more easily than I used to	3	I am too tired to do anything
0	My appetite is no worse than usual	2	My appetite is much worse now
1	My appetite is not as good as it used to be	3	I have no appetite at all anymore
0	I haven't lost much weight, if any, lately	2	I have lost more than ten pounds
1	I have lost more than five pounds	3	I have lost more than fifteen pounds
0	I am no more worried about my health than usual	2	I am very worried about physical problems and it's hard to think of much else
1	I am worried about physical problems like aches, pains, upset stomach, or constipation	3	I am so worried about my physical problems that I cannot think of anything else
0	I have not noticed any recent change in my interest in sex	2	I have almost no interest in sex
1	I am less interested in sex than I used to be	3	I have lost interest in sex completely

### Scoring the Beck Depression Inventory

After completing the questionnaire, add up the numbers of each correlating response. The highest possible total for the whole test is sixty-three and the lowest possible total is zero. Evaluate your depression according to the point values below.

Total Score \_\_\_\_\_

### Levels of Depression

1-10	Considered Normal
11-16	Mild Mood Disturbance
17-20	Borderline Clinical Depression
21-30	Moderate Depression
31-40	Severe Depression
over 40	Extreme Depression

**\*\*A PERSISTENT SCORE OF 17 OR ABOVE INDICATES THAT YOU MAY NEED MEDICAL TREATMENT\*\***



HEALTH ANALYSIS